

Dance and Acro Class Descriptions
For School year 2006-2007

Tumbling Tigers- (Ages 3 & 4) The basic forms of gymnastics will be explored through fun games, stretches, and floor work. Children are asked to go barefoot, no socks or tights. Body suit with gym shorts to be worn.

Tumble Bumble-(Child and Parent Class, Ages 2&3) Music and movement and tumbling fun all rolled into one. Sneakers to be worn.

Acro I- (Ages 5 and Up) - The basic forms of gymnastics and acrobatics will be explored through stretches and variety of activities. Children are asked to go barefoot, no socks or tights. Body suit with gym shorts to be worn.

Acro II- (Ages 6 and Up)- The basic forms of gymnastics and acrobatics will be explored through stretches and a variety of activities. Children are asked to go barefoot, no socks or tights. Body suit with gym shorts to be worn.

Acro III-(Ages 7 and Up)- The basic forms of gymnastics and acrobatics will be explored through stretches and a variety of activities. Children are asked to go barefoot, no socks or tights. Body suit with gym shorts to be worn.

Acro Advanced (must have prior - Gymnastics will be explored through stretches, low beam, floor work and practice bar. Children are asked to go barefoot, no socks or tights. Body suit with gym shorts to be worn.

Progressive I- (Ages 5&6) Exploring jazz movements through combinations and improvisation. Basic techniques and skills will be taught and body awareness and creativity will be explored. Jazz shoes to be worn.

Progressive II- (Ages 7 and up) Exploring jazz movements through combinations and improvisation. Basic techniques and skills will be taught and body awareness and creativity will be explored. Jazz shoes to be worn.

Progressive III-(Ages 8 and Up)- Exploring jazz movements through combinations and improvisation. Basic techniques and skills will be taught and body awareness and creativity to be explored. Jazz shoes to be worn.

Funky Jazz I - (Ages 9 and Up must have had Progressive II , or III) Funky jazz movements along with Broadway style combined with creativity and body expression. Taught to fun popular music. Jazz shoes to be worn.

Funky Jazz II (Ages 11 and Up) Funky jazz movements along with Broadway style combined with creativity and body expression. Taught to fun popular music. Jazz shoes to be worn.

Creative Tap- (Ages 3 & 4) Works on basic motor coordination and explores many types of dance and movements. Tap shoes to be worn.

Tap I-(2-3 yrs experience needed) Tap skills will be explored in Broadway style tap and Rhythm tap. Tap shoes to be worn.

Tap II & III- Intermediate tap skills will be explored in Broadway style tap and Rhythm tap. Tap shoes to be worn.

Combo Ballet/Tap I-(Ages 4 & 5) Exploring the basic/beginner concepts of each medium in a fun and safe atmosphere. 20 minutes of each. Footless tights and tap shoes need to be worn.

Combo Ballet/Tap II-(Ages 6 & 7) Exploring the basic/beginner concepts of each medium in a fun and safe atmosphere. 20 minutes of each. Footless tights and tap shoes need to be worn.

Ballet I-(Ages 6 and Up) Will explore the basic ballet techniques and concepts using a combination of traditional and creative methods. Footless tights and ballet shoes are needed.

Ballet II-Intermediate-(2-3 years experience) will explore ballet techniques and concepts using a combination of traditional and creative methods. Footless tights and ballet shoes are needed.

Ballet III & IV-(4-5 years experience)- will explore ballet techniques and concepts using a combination of traditional and creative methods. Footless tights and ballet shoes are needed.

Hip Hop (Ages 7 ½ and up) - Hip Hop movements taught to fun popular music. Combinations along with expressive movements to be taught. Jazz sneakers or regular sneakers should be worn.